

THIN PEOPLE SHOULD TAKE PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.



Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curves of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by E. A. Brown & Co. in Barre and most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate should produce a welcome transformation in the appearance; the increase in weight frequently being astonishing.

Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should soon disappear, dull eyes ought to brighten, and pale cheeks glow with the bloom of perfect health. Miss Georgia Hamilton, who was once thin and frail, repeating her own experience, writes: "Bitro-Phosphate has brought about a magic transformation with me. I gained 15 pounds and never before felt so well."

CAUTION:—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its tendency to increase weight, be used by anyone who does not desire to put on flesh.—Adv.

EAST BETHEL

Charles M. Wedgewood of Hathorne, Mass., is at Mrs. Nettie Willis' for a few days, and calling on old friends in this vicinity.

Mr. and Mrs. Charles Sumner came last week to remove their goods from the Smith house to Putney, where Mr. Sumner is employed.

H. V. Allen went Monday to Randolph to begin work for Sargent, Osgood & Roundly.

Miss Hanks of Washington, D. C., is visiting at J. H. Buck's.

Mr. Davis and family from Royanton have moved into Mrs. P. C. House's tenement.

WAITSFIELD

There will be no service at the M. E. church next Sunday, nor at South Payston in the afternoon, owing to the absence from home of the pastor.

Miss Daisy Ford and Miss Winnie Brook, both of Montreal, are guests of Rev. and Mrs. Allen Kirkness at the M. E. parsonage.

WORMS MAKE SICK CHILDREN

Signs of worms in children are: De-ranged stomach, swollen upper lip, sour stomach, offensive breath, hard and full belly with occasional gripings and pains about the navel, pale face of leaden tint, eyes heavy and dull, twitching eyelids, itching of the nose, itching of the rectum, short dry cough, grinding of the teeth, little red points sticking out on tongue, starting during sleep, slow fever.

The safe method of ridding the child of worms is to use Dr. True's Elixir. Mrs. William G. Bonin of Gaddo, Oklahoma, wrote regarding Dr. True's Elixir, "We have used it for our children for the last twelve years and certainly know the value of it." You can buy Dr. True's Elixir wherever medicine is sold. Pleasant tasting—gentle acting. The family laxative and worm expeller for children and grown folks.—Adv.

Orange County Red Cross Chapter Notes.

Miss Newell, director of the division bureau of chapter production, now in Europe, writes that she hears of the blessings the garments we have sent over have proved to the destitute peoples. Are you making one of the 12,000 layettes that must be completed this summer and which Miss Newell says are so much needed? There are more to be distributed so call on Mrs. Allis of Randolph to supply you at once.



When Children are Sickly are Constipated, Feverish, Cry out in their sleep, Take cold easily, Have Headaches, Stomach or Bowel trouble, Try MOTHER GRAY'S SWEET POWDERS FOR CHILDREN

TRADE MARK

They are pleasant to take and a certain relief. They act on the Stomach, Liver and Bowels and tend to correct intestinal disorders. 10,000 testimonials from mothers and friends of little ones telling of relief. No mother should be without a box of Mother Gray's Sweet Powders for use when needed. Ask today. The need of them often comes at inconvenient hours.

Used by Mothers for over thirty years.
Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS.
Sold by Druggists everywhere. MOTHER GRAY CO., LE ROY, N. Y.

Drink Granite City Ginger Ale The All Year Round Soft Drink

There are other Ginger Ales, but no "others" like Granite City. Every member of every family should drink it. The fact that some sodas cost a trifle less, sometimes appeals to one's pocket, but never to one's taste.

Don't wound your pride for a trifling saving. Order Granite City Sodas that's 100 per cent. pure. They are worth more than they cost.

Granite City Bottling Works

F. W. LANGLOIS, Prop. Tel. 716-11

PROFESSIONAL CARD

DR. EDWIN F. HEININGER
SURGEON DENTIST

(Successor to Dr. Foster)
Howland Building, Room 16, Phone 93-W Office Hours: 9 to 12, 1 to 5, and 7 to 8

BETHEL

Miss Lera Havey is enjoying a vacation from the Abbott store, having returned yesterday with her brother, Dr. L. A. Havey, and family to their home in Bridgeport, Conn., and after a visit with them she will continue her vacation at her former home in Sullivan, Me. Heber O. Maynard and family of Windsor have been visiting W. T. Maynard's and on their return Miss Elizabeth Maynard accompanied them for a visit.

Leroy M. Merrill has a position at the Brigham creamery in Randolph.

Mrs. F. D. Brooks and Miss Gladys Huntington of Royalton are spending a few days at Fred A. Chamberlain's.

A. Lee Cady was in Rochester yesterday on business connected with the estate of the late George L. Greeley.

Everett Snelling has resumed his work in the office of the National Acme Machinery company, which he gave up when called into the army more than a year ago.

Fred Whitney's health is better than for some months and he has been downtown several times lately.

Dewey White is with his sister, Mrs. C. W. Bowen of North Randolph, during the haying season.

Norman Carr is the latest Bethel boy to return from France. He was in the motor service and saw some exciting scenes.

Samuel J. Jebb, Jr., has returned from army service in France.

The Universalist ladies will hold a food sale Saturday afternoon at F. L. Martin's store.

Curtis Avery of Randolph has bought the Herbert Smith place in East Bethel from Perley A. Hackett of Windsor, formerly of this town.

Mrs. Ida Davis is visiting in Manchester, N. H., and Newburyport, Mass.

Mr. and Mrs. Carl N. Shuster of New York, Mr. and Mrs. Howard Poor and Miss Marion Petrie of Haverhill, Mass., are guests at Mrs. Lucy A. Gilman's.

Daniel F. Carney, until a few months ago a Bethel resident, died recently of tuberculosis in Milford, Mass., his native place, aged 50 years. He is survived by his wife and three children. His health was very poor for a year before moving from this place.

Mr. and Mrs. Robert S. Adams of Detroit came yesterday to visit at Dr. V. H. Eddy's. Mr. Adams is employed at the Ford motor works.

Miss Nellie Paine of Boston is a guest of her sister, Mrs. Roy L. Persons.

W. W. Perkins, the real estate agent, recently sold A. H. Harrington's farm at Gayville to E. B. Daniels of Randolph, who buys as a speculation. The farm has been a long time in the Harrington family and is one of the best in the adjoining town of Stockbridge. Bolton, Thompson & Co. of Montpelier have bought Mr. Harrington's mill at the outlet of Stony brook in Stockbridge and his timber lot, known as the Hassam lot.

A. E. Hastings of Claremont, N. H., a former resident, with his daughter, Helen, is visiting at C. C. Morse's.

Joseph P. McCormack, a teacher of mathematics in a New York City public high school, is with his parents, Mr. and Mrs. Patrick McCormack, for a part of his vacation.

The public service commission has named Aug. 5 as the date and White River Junction as the place of a hearing to inquire into the causes of and responsibility for a railroad wreck three miles south of this station six weeks ago, in which about 18 passengers were injured. Among the witnesses will be several section men from this village who saw the accident.

State's Attorney Ernest E. Moore of Ludlow was in Bethel yesterday.

Miss Belle Wright of South Royanton is with her grandparents, Mr. and Mrs. George H. Wright, for her vacation.

A very interesting suffrage meeting at the Bascom theatre Tuesday evening was addressed by Rev. Fraser Metzger of Randolph, Dr. Marion Horton of Windsor, Mrs. Lillian Olzen and Miss Ann Batchelder of Woodstock.

WOODBURY

Woodbury Baseball Team Won from North Montpelier, 5 to 3.

The Woodbury baseball team defeated North Montpelier at the latter place Sunday, 5 to 3, in a thrilling game. The playing was the kind that all lovers of the sport like to see. The battery for Woodbury was D. Atkinson and Ross; for North Montpelier, Bean, Cutting and Gokey. The following is the score by innings:

Woodbury . . . 1 0 2 2 0 0 0 0 0 5
North Montpelier . . . 0 0 2 1 0 0 0 0 0 3

Teams wishing games will do well to write H. M. Blake, Mgr., Woodbury.

Hester Doty of Springfield is a guest of her parents, Mr. and Mrs. E. F. Doty.

Mr. and Mrs. John Cookman of Worcester are guests of Mr. and Mrs. William Cookman.

Mrs. Bertha Packer and two children were Sunday visitors of Mr. and Mrs. William Felix.

Evelyn Rayercraft returned Sunday to

her home in Websterville, having been a guest the past week of Mr. and Mrs. Fred Weeks.

Mr. and Mrs. Clem Batchelder and Mr. and Mrs. Eugene LaPlant motored to Washington Sunday.

Pearl Bailey returned Sunday to her home in Hardwick, after a week's stay with Mr. and Mrs. V. A. Atsworth. Mrs. William Weeks, while on her way to Hardwick Thursday, got thrown from the wagon and was quite badly bruised and shaken up.

Mrs. May Spence of Marshfield was a guest Thursday and Friday of Mr. and Mrs. W. O. Peck.

Miss Beatrice Bailey returned the last of the week to her home in St. Johnsbury, after a week's visit with relatives here.

Mrs. Eri Spencer returned Wednesday to her home in Marshfield after a few days' visit with her sister, Mrs. W. C. Peck.

Eugene LaPlant has secured employment in Hardwick.

Mr. and Mrs. Merton Morse of Marshfield were visitors Friday of Mr. and Mrs. W. C. Peck.

Mrs. Belle Celley and Mrs. Maud Davis were business visitors in Hardwick Monday.

Mrs. Hattie Hackett of Burlington was a guest the first of the week of her brother, E. F. Doty.

Miss Mildred Davis of Watertown, Mass., is in town, a guest of relatives.

Mr. and Mrs. Perley Packer were business visitors in Montpelier Monday.

Owen Sweeney left Monday for Boston for medical treatment.

H. S. Benjamin was a recent visitor in Cabot.

Mrs. Arthur Miller and children of Graniteville were Sunday visitors of Mr. and Mrs. Fred Weeks.

NORTH MONTPELIER

Dancing school, North Montpelier hall, Thursday evening, July 24. Prof. Elmore, master; 50c per couple.—adv.

We Cannot Tell How Long

a man will live, but base our calculations on the average life of a large number. We perform on an income basis what the individual would have done if he had lived to do it. Put your family on our pay roll. The service will begin immediately in event of your death. National Life Ins. Co., of Vt. (Mutual). S. S. Ballard, general agent, Rialto block, Montpelier, Vt.

Consider This Woman's Case.

Mrs. A. L. DeVine of Los Angeles, Cal., says: "After I had suffered from a female trouble for years, not being able to do my housework, or get any relief from doctors, Lydia E. Pinkham's Vegetable Compound made me a well woman, and I want to tell the world the good this medicine does." This woman is perfectly justified, and should be commended for telling others how she regained her health.—Adv.

Kabo Corsets

KABO MEANS GOOD. Try a pair and see how good. Sizes, 20 to 34. Prices, \$1.50 to \$3.50. Come in and let us show you.

Lee & Clara B. Shortt
Marshfield, Vt.

MOST miles per dollar is a challenge. For years it has stood as an indication of what was to be expected from tires bearing the name Firestone.

In the Firestone Gray Sidewall Tires, car owners find the latest result of the Firestone method of building to steadily advancing standards.

Put one on your car and you will want Firestones all 'round.

Firestone TIRES

Most Miles per Dollar

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY

To Physicians and Householders

Act No. 175 of the Laws of 1919 makes the following provisions:

1. All communicable (contagious) diseases must be reported to the District Health Officer by the physician in attendance, if there is one, otherwise by the head of the family.
2. Physicians are required to quarantine families attended by them in which a case of communicable disease is known or suspected to be present.
3. Heads of families in which a communicable disease is known or suspected to be present, and where no physician is in attendance must quarantine their own houses.
4. Quarantine will be raised only by the District Health Officer on a written certificate from a physician that the family is in safe condition for release.
5. All burial permits will be issued by town clerks. Quarantine cards and notices may be obtained at the office of the town clerk and from selectmen.

These provisions are effective July 1, 1919.

VERMONT STATE BOARD OF HEALTH.

You Can Save Some Money at Lamorey's

600 pairs of absolutely

All-Wool Trousers

From the Mills' Stock—These are worth from \$7.50 to \$12.50

—Two prices

7.50 and 5.00

Balbriggan Undershirts and Drawers, the \$1.00 kind, at79c
Men's \$1.50 Union Suits, a limited quantity, at . . .95c
Men's Hose, the 45s at 37c
3 for \$1.00
Matting and Fibre Suit Cases, \$2.00 grade . . . \$1.45
10 per cent. discount on all other grades.
Men's Work Shoes, \$4.50 Scout, all leather, a dandy shoe for hard work \$3.45
One lot Men's Canvas Shoes, rubber soles, \$2.00, \$1.49
\$2.50 Canvas Shoes, leather soles \$1.95
\$3.50 Canvas Oxfords \$2.45
Men's Night Shirts, \$2.00 value, at \$1.59
399 pairs Shoes from the Mills' stock; sizes from children's to 4½; ladies' large sizes all gone. Buy these small ones for girls' school shoes, per pair95c
No goods charged or taken home on approval at these prices. All sales must be final.
Buy your Wool Underwear now for next fall. We have a lot of large sizes in Shirts, \$3.00 goods, all wool, \$1.95
One lot \$2.50 Twill Flannel Shirts at \$1.95

ONE LOT BOYS' SUITS, ALL WOOL, not the latest style, 3.95

Boys' \$1.25 Twill Flannel Shirts, sale price98c
Another lot Boys' Suits, a little better style, all wool, at \$5.00
Another lot of good style heavy weight for fall, sizes 5 to 13, at \$7.50
Men's \$2.50 Dress Shirts, only \$1.79
\$2.00 Dress Shirts . . . \$1.69
One lot Boys' Suits, all wool, not the latest style . . . \$3.95
Men's Black and Gray Twill Work Shirts \$1.15
Blues and Khaki95c
Men's Brown and Blue Overalls, \$2.50 grade, a heavy weight, at \$1.98
Khaki Overalls in a heavy weight, \$2.50 value . . . \$1.98
Overalls, light weights, per pair \$1.49
Khaki Trousers, \$2.50 grade, at \$1.75
Lot Men's Work Gloves, the \$1.50 kind, Sale Price \$1.19
Work Trousers, Whipcords and Stripes, good heavy pants, per pair . . . \$2.45
One lot odd Coats, sizes 35 to 39; good all-wool goods, not the latest style . . . \$1.95
Another lot Coats and Vests, fair style . . . \$5.00, \$10.00
Men's Rain Coats, \$15.00; Sale Price \$11.95
Boys' Rain Coats, \$8.50; Sale Price \$6.75
Nainsook Union Suits, similar to B.V.D., \$1.50, \$1.15

\$35.00 Suits - - 29.50
\$40.00 Suits - - 32.50
Blues and Black included.

\$22.50 Suits - - 17.50
\$25.00 Suits - - 19.75
\$30.00 Suits - - 24.50

Lamorey Clothing Co.

DELCO-LIGHT

A lighting plant that has proved a satisfaction and pleasure to many. Here is sufficient testimony:

BROOKSIDE FARM, FRANK E. RICHARDSON, Prop.

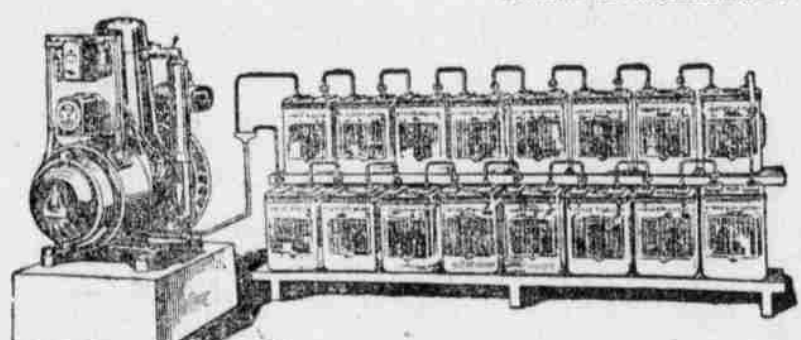
Randolph Center, Vt., July 19, 1919.

W. G. Goodwin,
Montpelier, Vt.

Dear Sir: I am much pleased with my Delco-Light Plant, with the lights, and also am pleased with the electric motors that operate my milking machine and cream separator and washing machine.

I can now light the house and barns, do the milking and separating, with less than half the expense I could do the milking and separating with a gasoline engine.

Yours truly,
FRANK E. RICHARDSON.



W. G. Goodwin

DELCO LIGHT DEALER MONTPELIER, VT.

Universal Electric Toaster

You have never tasted real toast until you have tasted that made on the UNIVERSAL Electric Toaster. Once tried—Always used.

P. M. Carr

27 Camp Street, Barre, Vermont

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